

is the honest belief of good people that in moderate quantities it is healthful and medicinal.

Public interest is being widely aroused by the teaching of scientific temperance in the public schools. It is for us to supplement this teaching in the homes. The mission, district and school nurse have a free hand in this matter, for they are recognized teachers. The private nurse has a far more difficult field, for she is often looked upon as an employee who "must keep her place." In many houses practically nothing can be said, but the example of total abstinence, with the simple explanation that it is better for the digestion and general health, will rarely give offence. It may be smiled at in the parlor, but it will be carefully considered in the kitchen, and may save some poor girl from the glass that dulls her perception and leads to her ruin.

In multitudes of homes, especially of the great middle class, information will be gladly welcomed, if it is given from the dietetic standpoint, the physical side being emphasized. The faintest suggestion of possible inebriety is naturally resented, but no mother is insulted by the caution that beer or wine may injure her unborn or nursing child. There is no offense in explaining that alcohol taken with meal hardens the food and hinders digestion, the comfortable feeling it causes being narcotic and hiding the mischief it does, nor in pointing out that life insurance tables show the greater longevity of abstainers, nor in a whole army of other facts presented from an impersonal, scientific standpoint. Such presentation is as much within our sphere as advising about the care of babies' bottles.

It goes without saying that we must be loyal to our doctors. If they order liquors we must give them, however we may feel about it. But doctors will uphold us in objecting to the self prescription by their patients of alcohol or any other drug.

This letter must not be prolonged, but if any of the JOURNAL readers are enough interested to write to me, I will gladly put them in the way of getting further information along these lines.

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A NURSES' HOME

DEAR EDITOR: About three months ago, when on my way from Seattle to San Francisco, I stopped for a few hours at Portland, Oregon, and as I had heard of the beautiful home the nurses had there, I went to call. The home was built to suit the plans of Miss Lena G. Richardson,

a graduate of the Northwestern Hospital, Minneapolis. I had expected to find a comfortable, cheerful home for the nurses, but certainly nothing quite so complete and well organized as this, planned and carried out by one from my own school. The building is three stories in height and of colonial style. The rooms, single or double, are all sunny and light, complete with every convenience,—hot and cold water, and an electric plate for light housekeeping. The single rooms rent for \$13 a month. All the rooms were furnished in the pretty Mission style, curtains, rug and draperies to match. The spring couches are used, so during the day the rooms all look like sitting rooms. Each floor has two or three bath rooms, toilets, and a most complete little laundry, where the nurses may do as much or little of their own laundry as they wish,—also a sewing room. Certainly no one but a nurse could ever have planned every detail to make things perfect and restful for a nurse coming home, tired, bodily and mentally. The building cost \$10,000.00, and was built for Miss Richardson by a wealthy man who rents it to her. The income from the renting of the rooms covers all necessary expenses. Miss Richardson asks for a high standing among nurses; after this she makes them all happy and contented and looks personally after all the calls. Her high standing and able judgment have no doubt helped to make the registry in Portland what it is. There are about forty nurses in the home, but she has calls for double that number. I hope the time may come when every large city in our country will be able to boast of a home like this. True, many of our cities have club houses, but they are usually started for nurses of a certain school, and no one outside this school would be welcome. Nurses are, more or less, a moving population, and it is always hard for a nurse when she comes into a new field, no matter how high her standing may be. The Portland home, however, seemed to have thoroughly grasped this need—as all that is asked is that she shall have a diploma from a recognized school and a letter showing her to be of good moral character. With these recommendations she is always sure of a fraternal greeting and welcome from members of her profession.

THERESA ERICKSON.

CARING FOR PEOPLE OF MODERATE MEANS

DEAR EDITOR: I was particularly interested in an article in the July JOURNAL by Mrs. Quintard on "Provisions Already Existing for the Care of the Sick of Moderate Means." It was the very last paragraph of the article which I refer to particularly, as I am now engaged on a